SOLACE

ISSUP INTERNATIONAL SOCIETY OF SUBSTANCE USE PROFESSIONALS

NIGERIA chapter

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ISSUP NIGERIA CHAPTER COMMEMORATE THE 2021 INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

ISSUP NIGERIA CHAPTER ORGANISED UPC TRAINING FOR MEMBERS

MENTORING FOR SUBSTANCE USE PROFESSIONALS

ISSUP SOUTH-EAST ZONE IN FOCUS

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ISSUP NIGERIA CHAPTER COMMEMORATE THE 2021 INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

ISSUP INTERNATIONAL SOCIETY OF SUBSTANCE USE PROFESSIONALS NIGERIA chapter

When ISSUP thinks about substance use prevention, treatment and recovery support workforce, we think of a community of individuals, contributing in a range of ways, as volunteers, practitioners, managers, commissioners, policymakers, educators, carers, peers, family and learners and so on.

In this edition of the SOLACE, we present a highlight of activities put together by members of ISSUP Nigeria Chapter to commemorate the 2021 International Day against Drug Abuse and Illicit Trafficking. We hope you will enjoy it and get inspired by this report.

At the national level, the President of ISSUP Nigeria Chapter, Dr. Martin O. Agwogie; the Vice President, Prof. Ibrahim W. Abdu; the North-West Zonal Coordinator, Dr. Auwal Salihu; the Financial Secretary, Dr. Margaret Akogun and some other members of ISSUP were among dignitaries at the commencement of the weeklong programme of activities organised by the National Drug Law Enforcement Agency (NDLEA) in collaboration with the Federal Ministry of Health and the United Nations Office on Drugs and Crime (UNODC) among other stakeholders for the commemoration. This first event, which was the joint launch of the Standard Policy and Practice Guidelines (SPPG) for NDLEA Counsellors and National Guidelines for the Treatment of Substance Use Disorders for Nigeria was held at Transcorp Hilton Hotel Abuja on Monday the 21st of June 2021.

Similarly, the President and the Vice President were at the grand finale of the weeklong activities held on the 26th of June at Banquet Hall, Presidential Villa. The Vice President, Prof. Ibrahim W. Abdu was the guest speaker at the event.

Prof. Ibrahim W. Abdu

In the South-East, the Zonal Coordinator, Prof. Michael Ezenwa led the state coordinators within the zone to organise different events.

ABIA STATE

ISSUP, Abia State branch joined the rest of ISSUP Nigeria chapter to commemorate the day by organizing talk radio and other programs in the state which featured lectures and discussions including talks on stigmatization of people who use drugs and the way out. These were organized for different groups including the student population. The state coordinator, Ms. Ngozi Nwankwo who is also the CEO of Daniel Nwanko Foundation (DNF) was among the facilitators in the different events which held in collaboration with the National Drug Law Enforcement Agency, Abia state Command, Civil Society Network on Substance and Drug Abuse (CSNetSDA), Community Intervention Network on Drugs (CIND) and World Federation Against Drugs (WFAD).

In addition, a gala meeting was held at the Abia state University Teaching Hospital to review activities of the state branch as well as membership drive. The commemoration ended in the state with two separate church services.

Abia state ISSUP Team with dignitaries

ISSUP INTERNATIONAL SOCIETY OF SUBSTANCE USE PROFESSIONALS

International Day Against Drug Abuse and Illicit Trafficking 2021

RADIO INTERVIEW
RHEMA RADIO
93.3FM, 8:30AM

SESSION AND REFRESHMENTS
ABIA STATE UNIVERSITY TEACHING HOSPITAL, 3PM

Ngozi George Nwankwo,
Abia state Coordinator

Dr Okoh Secretary,
ISSUP Abia

At one of the students' events

ANAMBRA STATE

There were series of activities by members of ISSUP Nigeria Chapter to commemorate the day in Anambra state. ISSUP Anambra state branch in collaboration with the NDLEA presented prizes to winners of the 7th edition of NDLEA/Lady Victoria Chito Onyido Quiz competition for secondary schools in Anambra state. Similarly, ISSUP and the NDLEA also organised another event which held at the Nnamdi Azikiwe University (UNIZIK) Auditorium, Awka, Anambra state.

Still in Anambra state, BALM FOR THE BRUISED FOUNDATION, in conjunction with Standard Secondary School Ichi, had a 2-day interactive sessions with some secondary school students at Ichi in Ekwusigo Local Government Area of Anambra State. Addressing the students, the Commander, National Drug Law Enforcement Agency, NDLEA, Anambra State Command, Mr. Mohammed M. Idris, represented by the Onitsha Area Command of the agency, Mr. H. C. Obiefule, drilled the students on what he titled "Combating Drug Abuse in our Society" admonishing them to take charge of their destinies.

ISSUP/NDLEA ANAMBRA STATE

PRESENTS

THE 2021 WORLD DRUG-FREE Day

THEME

SHARE FACTS ON DRUGS, SAVE LIVES

UNIZIK AUDITORIUM

SAT, JUNE 26, 2021 | 10AM

A DRUG AWARENESS RALLY

© PRUT

For more information, contact;
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DIKE EUGENE – SECRETARY GENERAL **(08061248304)**

CHIEF HOST

PROF. CHARLES OKECHUKWU ESIMONE
Vice Chancellor of Nnamdi Azikwe University, Awka

GUEST OF HONOUR

HIS EXCELLENCY CHIEF WILLIE OBIANO
Governor of Anambra State, Nigeria.

COMMANDER MOHAMMED M. IRIS, NDLEA
Commander, Anambra State

REV FR. DR. C.C. AJAELU
Anambra State Coordinator, ISSUP

PROF MICHAEL O. EZENWA

Students at the events

ENUGU STATE

In Enugu state, the Zonal Coordinator South East Zone of ISSUP Nigeria Chapter, Prof. Michael Ezenwa and the Enugu state coordinator, Dr. Ujunwa C. Nduanya led other ISSUP members to engage students for hours on substance use prevention strategies. The event was intrractive and entertaining. The event also featured quiz competition. Many positive comments were made by the students about their experience.

Enugu state coordinator, Dr. Nduanya with the students during the quiz session

Enugu state coordinator, Dr. Nduanya with the students during the quiz session

Enugu state coordinator, Dr. Nduanya and the South-East Zonal Coordinator, Prof. Ezenwa with the students

Students at the session

The quiz participants

KADUNA STATE

The Kaduna State ISSUP branch coordinator, Ms. Fatima A. Popoola and other members of ISSUP in the state joined a Road walk with the Ahmadu Bello University Drug Free Club members and the State Commander of NDLEA on the 26th of June as part of the commemoration.

In another event in Kaduna State, a Non-Profit organisation; Life Challenge Intervention Outreach in Collaboration with ISSUP Nigeria, NDLEA, Federal Road Safety Corps and other relevant stakeholders went round motor parks in the state to create awareness and educate motorists on the effects and dangers of drunk/drug driving.

Kaduna ISSUP state coordinator, Ms. Poppoola, NDLEA Commander, ABU Drug Free Club members and other officials

ISSUP team, NDLEA officials, NYSC members and Life Challenge Intervention Outreach walk

RIVERS STATE

ISSUP Rivers State branch of ISSUP Nigeria Chapter commemorated the day in Port Harcourt with students of University of Port Harcourt (UNIPORT). The event featured the state coordinator Dr. Kennedy A.Nkporbu, Ms. Maduka Ada among other ISSUP members.

In other parts of the country, such as Plateau, Lagos, Imo, Ebonyi states and Abuja, members organized different events including radio programmes.

ISSUP NIGERIA CHAPTER ORGANISED UPC TRAINING FOR MEMBERS

As part of activities to commemorate the 2021 International Day against Drug Abuse and Illicit Trafficking, ISSUP Nigeria Chapter organised Universal Prevention Curriculum (UPC) training for her members. The training was in collaboration with Global Initiative on Substance Abuse (GISA), an Education Service Provider for Colombo Plan in Nigeria. The six days training was facilitated by ISSUP Nigeria Chapter President, Dr. Martin O. Agwogie with the support of Dr. Isaac A. Olatunde and Mr. Olatunji A. Erinjogunola.

Sixteen (16) members of ISSUP Nigeria Chapter participated in the training. At the end, participants shared their excitement with words of appreciation, thanking ISSUP and GISA for the kind gesture. Some of their comments read, "I appreciate the facilitators who played key roles in delivering this training. Thank you so much, I had a wonderful experience", "I am super grateful to be part of this training", "My approach to prevention has changed", "I have been stimulated with new insight and knowledge about substance use and prevention", "I recommend this training for everyone", "the lead facilitator knows his onions, a professional with great knowledge. He has greatly enlarged my scope and I look forward to more trainings", I really enjoined the training. Kudos to the entire team".

Certificates with credit hours were presented to the participants at the end of the training.

MENTORING FOR SUBSTANCE USE PROFESSIONALS

ISSUP INTERNATIONAL SOCIETY OF SUBSTANCE USE PROFESSIONALS
NIGERIA chapter

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INTRODUCTION

The efforts geared towards substance use and its prevention at all level has been loosely and popularly termed "war on drugs." This connotes for the professionals struggling against addiction multiple challenges as to where they belong in the struggles for, with or against drugs of abuse. In such complex terrains of substance use, the professionals faces multiple odds. A well-travelled bi-directional path to overcome these odds and becoming an effective professionals in the struggle against substance use is mentoring. Put simply, mentoring is "a brain to pick, an ear to listen, and a push in the right direction" (Jon Crosby, undated). And that mentoring being bi-directional or is not often a one way traffic, suggests that reciprocal mentoring do occur too (Creps, 2008).

The story of David and Goliath – a metaphor for appreciating success through learning from the master

According to Malcom Gladwell (2013), the untold story of David and Goliath (KJV, 2004), is a about what happens when an underdog confronts a powerful opponent. This historical event, serves as a metaphor of what underdogs, working as professionals in substance use field, must encounter to effectively confront the outsized, experienced, shielded and powerful challenge, that addiction, addiction industries and related issues represent. In other words, one of the ways, that underdogs, like David, get better guidance, to face giants, like Goliath, can be found in the concept of mentoring.

David's mentoring starts with his training as a soldier, rightly identified as a projectile warrior or modern day artillery (Gladwell, 2013). To be a slinger, as David was, requires lots of skill and practice, that were sharpened through encounter with lions and bears that do occasionally attack his flock. This granted "advantage to the disadvantage" of the relative small stature of David, as success over Goliath's gigantism. Goliath, the giant, now known to be probably having acromegaly, a "disadvantage of advantage", to succumb to the underdog, David.

The story of Moses and Khidr – one metaphor for why learning from the underdog matters too

Another scriptural story, focusing on the tale of master also learn from the underdog, is the encounter between Moses, a Prophet, and Khidr, an ascetic (Alim, 2000), who knew some knowledge, more than that of the prophet. That a prophet can learn about reason and intuition from an ascetic, is a lesson in reverse mentoring for experts in the field of addiction treatment and prevention.

Mentoring and reverse mentoring

Learning from the success of David over Goliath, after his mentored growth as an artillery, do instruct substance use professionals, how to attain and sustain graded success over giants, especially complex ones like addiction, the addiction industries and its relatedness. Herein, lies the lessons in mentoring for substance use professionals, from experts to budding practitioners, by facilitating training, supervision and practice till expert level is attained. That top dogs, even at the level of a Prophet like Moses, can learn, from underdogs, like Khidr, bring forth the value in reverse mentoring. This in other words, showed that mentoring is bi-directional in nature, and that experts, must surely learn from their mentees too, as the opportunities and the needs arise.

Contextualizing mentoring for substance use professionals

It is pertinent to appreciate the following contexts that will facilitate successful mentoring. These are:

- The relationship entailing the expert, the underdog and the multidisciplinary team;
- Meeting the trending needs and serendipity occurring along the path;
- Negotiating needs at the extremes;
- Others.

The mentoring relationship

Mentoring occurs in a complex relationship. This relationship entails triad of the mentor, mentee and others, as well as, the addiction prevention institutions, the addiction industries, the silent majorities of family not using addictive substances, the multidisciplinary addiction prevention team, and the field of addiction in general. Here, the mentor actively helps the mentee, navigate the climate of training for success, and the culture of the institution of working and the field of addiction.

The relationship starts from "getting to know one another," operating with consistent predictability, building trust and confidence and laying the foundations for achievable goals of the mentoring relationship. The stronger the trusting relationship between the mentor and mentee becomes, the easier and better it becomes to help the latter achieved the set goals. Relationship

cushions are needed to help make the relationship waxes stronger. And once the mentee growth approaches expert level, the mentoring relationship might come to an end. This should not signify end, but a closure for staying in touch. Ability to appreciates the meaningfulness of the mentee growth by both dyad, should facilitate reverse learning and enhance the re-achieving of the set goals.

A challenge often encountered in mentoring relationship has to do with a mentee having to negotiate learning from multiple mentors and the mentors having to deal with multiple mentees (NIDA, 2009). For the mentee, the willingness to accept responsibility, live with the identified mentors' values/norms/expectations and become a great team player. The mentors on the other hand, must make clear to the mentees, what pathways are ahead. The laid pathways, must be based on the mentees' choice, needs and interests.

Meeting trending and serendipity's needs

Many trending challenges often comes up along the mentoring relationship. For the substance use professionals, these include: understanding the full spectrum the so called "war on drug abuse;" non-evidence-based approaches skillfully clothed as one; blanket adaptation of the culturally non-sensitive nor specific models meeting the Euro-American needs; jumping at promoting new ways of using drugs of abuse as solution (e.g. e-cigarrate), blind formation of policies not serving public interest and especially those geared toward personal gains, etc.

Another challenge, that often becomes difficult or slow to adopt is serendipity occurring in the prevention of addiction. Such as the role of novel meditation-based interventions not only relevant in the treatment of addiction as a disease, but that might also be implicated in the primary prevention of addiction, especially as they target the boosting of resilience. Hence, it is pertinent for mentors and mentee to be aware of the noise that trends constitutes and the benefit that embracing serendipities entail.

Negotiating needs of those at the extremes

One of the difficulty obstacles to achieving the goals of mentoring relationship with respect to providing addiction prevention interventions is not to be aware of the low efficacy of the existing tools when applied at both extremes of living (i.e. the haves and the have-nots). The frustrations from such failures are often misinterpreted as misapplication or the "non-clicking" of mentoring relationship. Here, the continuous professional supervisory development of the mentor and the reverse mentoring from mentee might become handy, in negotiating and meeting the needs of those living at the extremes of life.

OTHERS

It is always great to remind the mentor and mentee that, the passion to succeed, is often not enough to make the mentoring relationship a success. Hence, it become paramount to make the mentoring relationship both structured and supportive. Such, challenge us all to know that evidenced-based knowledge is good but it does expires too. And once it has expired, mentoring might become a hostile relationship. Hence, the need for monitoring in mentoring.

WHERE SUCCESS STORIES LIES – BECOMING A GOOD MENTOR AND MENTEE

Mentoring, for the substance use prevention professionals, is the bridge to our future. That is to say, mentoring serves as one of our best tools to become a good mentor and mentee. Hence, the need to appreciate that mentoring, as one of our best known bridge to the future, must be one of bidirectional sacrifices, that should help us to serve humanity better, both now and later. Or else, as Prof Ameh (2009), puts it, "all we can then hope for are angry individuals who are worse than us, or at best, as bad as we are,,, and we leave them a system that is worse than the one we had, or at best, as bad as the one we had."

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ISSUP SOUTH-EAST ZONE IN FOCUS

International Society of Substance Use Prevention and Treatment Professional (ISSUP Nigeria Chapter) aims to collaborate and build a positive relationship with the government, local and international organisations towards effective drug control in Nigeria. ISSUP South-East Zone comprising Enugu, Abia, Ebonyi, Imo and Anambra states in line with this aim, engaged relevant stakeholders to establish agreements for sustainable partnerships and collaborations geared towards drug control in the states.

In **Enugu State**, the Executive of ISSUP Enugu State Branch led by Dr. Ujunwa C. Nduanya accompanied by ISSUP South-East Zonal Coordinator, Prof. Michael Ezenwa, paid a courtesy call to the NDLEA Enugu State Commander, Mr. Abdul Abdullahi, and his team, which comprised of the Deputy State Commander Admin. and Logistics, Deputy State Commander Operations and Intelligence, Principal Staff Officer Operations and Intelligence, and Principal Staff Officer Drug Demand Reduction Department, the latter being a member of ISSUP.

The purpose of the courtesy call was three-pronged. Firstly, to formally introduce ISSUP Enugu State Branch & her activities to the NDLEA Enugu State Command, establish a functional relationship with NDLEA Enugu State Command, and to seek sustainable collaboration between both organisations.

Among other issues discussed, ISSUP South-East Zonal Coordinator & ISSUP Enugu State Chapter coordinator elaborated on ISSUP's aim, structure (at the international, national, and state levels), activities, impacts/reach, and membership benefits. They also leveraged ISSUP's past and current involvement with NDLEA Enugu State to emphasise collaboration between ISSUP & NDLEA and provide evidence-based support and practices.

The State Commander warmly welcomed ISSUP entourage, indicating that ISSUP's involvement with NDLEA was a welcome development and stressed NDLEA's willingness to partner with ISSUP in whatever capacity to deal with the systemic drug problem in the country. He offered ISSUP Enugu State Branch full access to and the support of NDLEA Enugu State Command. He also emphasised that ISSUP's partnership with NDLEA would enhance sensitisation, minimise drug demand and supply, and promote effective prevention and treatment/rehabilitation practices.

ISSUP Enugu State Branch and NDLEA officers

In **Abia State** the ISSUP team led by the state coordinator, Ms. Ngozi Nwankwo, alongside the state branch Secretary, Dr. Oko, Mrs. Nwaoru, and Pastor (Mrs.) Nwaimo paid a courtesy visit to NDLEA Abia State Command on June 10th, 2021. The state coordinator highlighted that more than 90% of media reports on NDLEA are on sting operations which scare persons who use drugs and prevent them from reaching NDLEA for needed care. She noted that collaboration with ISSUP will help bridge the gap, by highlighting the drug demand reduction activities of the agency. She offered the support of ISSUP Abia State branch towards achieving the first two of its threefold functions, namely: prevention of substance use and treatment of substance use disorders to complement the NDLEA supply reduction and enforcement strategies.

The fruitful interaction yielded the following outcomes: ISSUP to be included in the Abia State Drug Control Committee, to collaborate with NDLEA in local government area advocacy, commemoration of the annual International Drug against Drug Abuse and Illicit Trafficking, and collaboration to hold workshops on drugs for hotel managers and persons who use drugs in brothels.

NDLEA and ISSUP Abia State Branch officers

Similarly, ISSUP **Anambra state** branch led by the state coordinator Rev Fr. Dr C. Ajaelu paid a courtesy visit to the NDLEA State Commander, Mr Mohammed M. Idris (aka Ndubuisi) on April **30th,** 2021, to establish rapport and seek viable collaboration with the agency in their drug demand reduction efforts. The two parties, NDLEA and ISSUP, agreed to collaborate in activities such as school-based substance use prevention programs, conferences, training, and research. **The** NDLEA expressed confidence in working with such a group that is laden with leading professionals and allied professionals, with the commander stating, "We will definitely benefit from this partnership."

To kick start the collaboration, the Commander offered the use of **their** Anambra Broadcasting Service (ABS) pre-paid radio program for a joint awareness initiative on substance use prevention in Anambra state. A senior staff was appointed to serve as a **liaison officer between** ISSUP and **the** NDLEA.

Anambra State ISSUP team with the NDLEA State Commander

Rev Fr. Dr. C. Ajaelu and Mr. Christopher Adabo (NDLEA)

In **Ebonyi State, the branch coordinator of** ISSUP, Mr. Eze Nsi Ude led the Executive to pay a courtesy visit to the NDLEA at Abakiliki. The team was received by the Ebonyi State NDLEA Commander, Alhaji Isa Abdul Umar, and many of his Principal Officers.

The state coordinator articulated the essence of the meeting which was familiarisation/proper introduction of ISSUP organisation and to seek for mutual collaboration with the NDLEA in Drug Demand Reduction, trafficking, sensitisation, and advocacy to curb drug menace in the state.

The commander received the group delightfully and stressed the importance of partnering with such a notable organisation. He expressed surprise at the timing of the visit, stating that his last two years in office would have benefitted so much from collaborating with ISSUP. He, however, believes that they can make up for the lost time. He spoke at length about the various functions and activities of NDLEA and some challenges facing the Drug Demand Reduction, including an increased level of ignorance on the dangers of drug use among the populace. The command is working assiduously to close this gap by educating the public and providing relevant statistics to stakeholders and policymakers. Finally, he promised ISSUP Ebonyi branch access to their database for any of their programs that may require such.

Furthermore, the Commander hinted on the proposed state-wide drug abuse sensitisation being planned by the State Government that will involve various stakeholders, including the Local Government Chairmen, Traditional Rulers, religious leaders, and others. He urged ISSUP to participate as collaborators and as an integrated part of the NDLEA DDR section. **On behalf of ISSUP, the state coordinator** expressed appreciation to the Commander for his warm reception and emphasized the importance of having NDLEA staff as members of ISSUP.

The NDLEA state Commander at the middle and ISSUP state coordinator 3rd from right

ISSUP NIGERIA CHAPTER BI-MONTHLY WEBINAR

In continuation of ISSUP Nigeria Chapter bi-monthly webinar, two webinars were hosted, May 20th and July 29th, 2021with Mrs. Stella N. Ngwoke and Dr. Dauda Sulyman as speakers respectively.

Mrs. Stella N. Ngwoke

Topic: The Role of Law Enforcement in Evidence-Based Substance Use Prevention

Highlights from the session

- the primary objectives of substance use prevention and public health responses
- barriers to prevention interventions/public health responses by the law enforcement.
- the critical roles of law enforcement in substance use prevention.
- some law enforcement practices that can support public health practices

Topic: Opioid Use Disorders: Presentations and Management

Highlights from the session

what opioids are and their main effects

- Factors that may be responsible for opioid use disorders
- Signs and symptoms of opioid use disorders
- Medications used in the management of opioid use disorders and expected outcomes

Presentations are available on this link

https://www.issup.net/national-chapters/issup-nigeria/knowledge-share

Dr. Dauda Sulyman

UP COMING WEBINAR
September, 2021
Be on the look out for details

ISSUP Nigeria News

1. ISSUP Nigeria Chapter continued in her courtesy visits across Nigeria
2. ISSUP Nigeria Chapter joined the rest of the world to commemorate the 2021 International Day against Drug Abuse and Illicit Trafficking

Upcoming events/trainings and conferences

1. ISSUP Nigeria Chapter Annual Conference/General Meeting
   Date: Tuesday 26th of October, 2021
   Venue: Chelsea Hotel, FCT Abuja
2. GISA Evidence-based Substance Use Prevention in the Family training
Date: 16th to 20th August 2021
For participation call 0705 348 6054 or visit www.gisainitiative.org to register.
3. Quintessential Healthcare Centre UTC and UPC trainings, August 16th to 21st and 23rd to 28th 2021 respectively.
For participation call +234 805 3152 or +234 813 029 1664.
4. Niger Delta University Postgraduate Diploma Course in Drug Addiction Science
For admission, call +234 815 828 1736
5. 5th Biennial National Symposium on Drugs and Drug Policy in Nigeria by CRISA
   Date: 27th and 28th of October, 2021
   Venue: FCT, Abuja
6. ISSUP Global Conference, Abu Dhabi, United Arab Emirate.
May 11th to 16th, 2021. Look out for details.

ISSUP Nigeria Chapter

Building a Multidisciplinary Network of Core and Allied Professionals
New members are welcome

Membership process

Visit www.issup.net
* then go to membership
* click on Apply Now or Apply Today and follow the procedure.
* click on join Nigeria Chapter
For further inquiries or how to join ISSUP Nigeria, reach us on:
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